

Dried Fruits





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SHOPPER'S TIPS

- Look for unsweetened varieties of dried fruit.
- Avoid packages that are torn or have expired use-by dates.

FUN FACTS!

- Fruits become dry when their moisture level drops below 20 percent.
- Some fruits can be sundried (grapes, figs), while others must be dried using machines (plums, dates).

WHAT IS IN IT FOR YOU?

The process of drying fruit removes most of the water but locks in many of the nutrients. As a result, dried fruit can have many of the nutrients found in fresh fruit.

SERVING IDEAS

- Combine dried fruit with almonds or pretzels to make your own trail mix.
- Sprinkle dried fruit over hot and cold cereals. Or, mix with lowfat yogurt and granola.
- Do not give dried fruit to children under the age of two.

PEAK SEASON

Dried fruit is available year-round and makes a great substitute for fresh varieties that are not in season.

STORAGE

Store dried fruits in an airtight container. Keep in a cool, dry location like a cupboard or the refrigerator for up to six months.